

WHAT TO BRING TO TRINIDAD

Fieldwork entails long days of strenuous hiking on trails and up streams as well as fishing with nets in squatting position while exposed to the elements and/or fishing during nighttime. Days in between field days are spent processing fish in the lab. Days off can be spent on the beach, hanging out at the station, or going on adventures. All the interns are expected to help all the projects (i.e., GMR, KMR and mesocosms), so some items are compulsory for everyone.

The following list is not exhaustive, and you should use your own judgement as to what you feel you would use. The station is equipped with a washing machine and a dryer.

1. DOCUMENTS

- Valid passport (expiration date must be minimum 6 months after planned arrival in Trinidad)
- Driver's license
- Immunization documents
- Travel insurance (Auburn University)

2. MONEY

- ATM, debit and credit cards: you will need an ATM or debit card to withdraw cash (ATMs are easily available in Trinidad) and you can use a credit card if you want to pay directly in the shops or online. Check with your bank before leaving about rates and fees outside of your country.
- Cash: most of the transactions in Trinidad are made in cash. You can exchange foreign money for TT dollars at the airport. It is preferred that you arrive with 1,000 TT dollars in cash minimum (for the big communal grocery run).

3. FIELD GEAR

The station is equipped with a washing machine and a dryer. Most of your clothing will get wet and muddy and receive rough treatment. The weather is hot and humid, so synthetic fabrics (like for sports clothing) are more comfortable. Avoid cotton clothes in the field.

- 3-4 long sleeves shirts (for mosquitoes)
- 2 pairs of long pants
- any type of hat, cap, or bandana to cover your head
- 6 pairs of long socks
- 1-2 pairs of thick neoprene socks (it's a must. We spend lot of hours in the streams. With cheap surf or similar neoprene socks is enough, around 2mm thick)
- **1 pair of wading boots** or canyoneering boots (SIMMS, KORKERS, ORVIS) with rubber soles (no felt) **NOT** hip-waders or rain boots
- **METAL STUDS** to put in your wading boots (to avoid slipping on wet rocks)
- a rain jacket (lightweight and waterproof)
- mosquito repellent (with DEET is the most effective but can melt plastic at high concentrations, 25-30% of DEET is enough). **NO PERMETHRIN**, it kills fish.
- **1 good waterproof headlight and extra batteries** for night fishing. If you already have 2 headlights, it's good to bring them both.

- a waterproof wristwatch
- a pocketknife
- 1-2 big water bottles (two is best)
- a small dry bag for personal items is optional but recommended if you want to bring your phone or camera in the field (5L or even 10L if you want to put more things in it) because we often get very wet
- knee braces could be handy if you have joints pain as the work is tough on them

4. OTHER CLOTHING

- the weather in Trinidad is hot and humid, so summer clothes are in order (shorts, T-shirts, tank tops)
- light long pants and long sleeves to prevent mosquito bites at the station (optional but recommended)
- a sweatshirt for cool nights
- light pajamas
- beach clothes for any resting day on the beach
- **NO** camouflage clothes of any sort or colour (they are strictly prohibited in Trinidad)
- shoes: sneakers or other for town, flip-flops, hiking boots (optional)
- we sometimes go to the bar or go dance in Port-of-Spain, so you can take your Saturday Night's Fever attire if you want

5. PERSONAL ITEMS

- sunglasses
- 1-2 towels (the type that dries fast is recommended)
- mosquito net (optional, we have some at the station, but some of them are not in the best of shape)
- personal toiletries (things like shampoo and toothpaste can be bought in town)
- contacts and glasses: bring all the solution you will need. Bring a copy of your prescription in case they get lost or broken. Bringing a spare pair of glasses is recommended.
- personal medical supplies, prescribed medication, vitamins if you use them
- epinephrine/adrenaline kit if you are or suspect that you are allergic to bee/wasp stings or any other type of allergy
- antifungal cream or spray for athlete's foot (e.g., Tenactin)
- sunscreen (the type that doesn't hurt corals)
- after bite cream (you will be particularly itchy during your first month as your body needs to adjust to the large amount of mosquito bites)
- extra batteries if you have devices that use them
- laptop (you will need it to enter data) + charger
- a backpack for hiking or going on day trips

OPTIONAL:

- camera
- binoculars
- snorkeling gear
- a wetsuit if you have one and want to go diving in Tobago
- hammock
- speaker, music device, books, etc.